



# **Sutton Outdoor Preschool**

## **Food and Drink Policy**

**Reviewed October 2019**

Reviewed by Elizabeth Leddy -Preschool Manager for Sutton outdoor Preschool

### **Introduction**

Healthy eating paired with physical activity is vital for proper growth and development, and we recognise our position to have a positive influence on the attitudes that children and their parent/carers have towards food and a healthy lifestyle. We encourage children to eat healthily and teach them that a healthy eating is not about denying foods that they enjoy but is about having a varied and balanced diet and enjoying lots of different foods.

### **Policy Statement**

We regard snack and mealtimes as a social time for children and adults. The children are required to bring a packed lunch from home, including a drink and a mid-morning snack. When choosing foods parents/carers are reminded that the children will be outdoors and “on the go” all day so it is important they provide foods which have enough energy to fuel them.

Parents are also responsible for providing food their child will eat and the utensils required. In warm weather parents may want to include a cool pack in the lunch box, on cooler days a thermos flask will keep foods warm. Food will be kept in the child’s bag in the tent until required.

### **Allergies**

- Parents/carers should inform the preschool of any specific dietary needs, preferences, intolerances or allergies as part of the registration process. This information is discussed with the child’s family, and regular consultation is held to ensure the information held is correct and up-to-date.
- Information about children’s individual food needs is shared with staff. Students and volunteers are also fully informed.
- The children are reminded not to share foods.

### **Drinks**

Children are encouraged to bring a drink from home in a plastic resealable bottle. Drinks bottles are accessible to the children throughout the day, as well as during snack and meal times. Sutton Outdoor Preschool has fresh drinking water available and accessible throughout the day.

### **Snack and Mealtimes**

We organise meal and snack times so that they foster independence and are viewed as social times in which children and staff participate together.

<b>Policy last reviewed on</b>	<b>Signed on behalf of the preschool</b>	<b>Date of next review</b>
<i>October 2019</i>	<b><i>E.Leddy (Elizabeth Leddy)</i></b>	<i>October 2020</i>